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OTTAWA • TUESDAY, OCTOBER 13, 2009

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Crash may be due to weather: Investigators

SUDBURY The crash of a Piper PA-28 on Thanksgiving Saturday that killed four people in two Sudbury families, was not likely caused by a mechanical failure, said John Cottreau, spokesman for the Transportation Safety Board yesterday.

Investigators are looking into the role of a weather system in the area the night the plane went down in a densely wooded section of Algonquin Park.

THE CANADIAN PRESS

News on the Move

What's this
barcode for?



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the barcode with
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the top of pg 2

Celebrity Buzz pg 18

Reid sheds
self-
doubt,
clothes
for
mag



On the web



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Ottawa Police Sgt. Jim Elves, centre, serves Ottawa Mission hospice resident Amanda Poulton at the shelter's community Thanksgiving dinner yesterday. Volunteers served 2,678 meals, including 2,300 pounds of oven roasted turkey, 15 pans of stuffing, 600 pounds of baked ham, mashed potatoes, carrots, beans and pies.

Mission's 'special time'

Thanksgiving about sharing, not just need: Shelter spokeswoman

TRACEY TONG
tracey.tong@metronews.ca



Peter Lacey has been
living at the Ottawa
Mission for the past
two years.

And while he already eats almost all of his meals at the shelter, he was excited for yesterday's annual community Thanksgiving dinner.

"It's a special time when you can get everyone together," he said. "I see people smiling and socializing and enjoying their meals."

"Everyone is here and everyone is getting along. That's why this day is so

special. It's like we're all one family."

Margaret Susie King lives alone, and comes to the mission once or twice a year for holiday meals.

"(Thanksgiving) is a time when people should have company," she said.

The shelter served 2,678 meals yesterday, said shelter spokeswoman Shirley Roy.

While generally, the mission has seen more people coming for meals in the past year, Thanksgiving dinner isn't just about need.

"People are coming because they're hungry, but they want to share their meal with others. It's a fes-

**(Thanksgiving) is
a time when people
should have
company."**

Margaret Susie King

tive atmosphere," Roy said.

As usual, the meal wouldn't be possible without the 110 volunteers who came out yesterday, Roy said.

Several years ago, Ottawa resident Lindsay Hepburn was on the brink of retirement and was looking for a way to give back to the community.

Hepburn began volunteering at the mission's

special events and in the kitchen on Tuesday mornings.

"It's a joy to see people in need getting fed," he said. "And you can tell the vast majority of these people are very appreciative."

Volunteering at holiday meals has become tradition for Ottawa police, said Sgt. Jim Elves. This year, about a dozen officers participated.

"This is a chance for us to informally talk to some of the people, he said. "It humanizes us, and they really appreciate it."

Insp. Alain Bernard said, "For me, I think this sets the tone for this time of year, of giving back."

Women,
people in 30s,
hard hit by
H1N1: Study

Flu Outbreak

HEALTH A "striking" number of women are becoming seriously ill after contracting H1N1, according to a new study, and researchers admit they have no explanation.

Although it's been known that pregnant women — along with the young and elderly — are at increased risk, the authors of the report, Critically Ill Patients With 2009 Influenza A (H1N1) Infection in Canada, write: "The tendency of females to develop severe 2009 Influenza A (H1N1) infection in this series is striking."

About 67 per cent of the cases under study in the Canadian report were women. The study found that, in one survey of 168 critically ill patients, 29 died, the majority in two weeks. The majority of the deaths, 72 per cent, were women.

The authors of the Critically Ill report also found that Canadians in their 30s are most susceptible to contracting H1N1, and stress that, once admitted to hospital, they require rapid admission to critical care and aggressive treatment.

The study was published yesterday in the Journal of the American Medical Association. TORSTAR NEWS SERVICE

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Local



ATU to see retroactive wage rise

As a result of the arbitration decision that ended the 53-day transit strike this past winter, OC Transpo management will be able to set drivers' work schedules. Members of the Amalgamated Transit Union will see wage increases retroactive to 3.25 per cent for 2008, 2.5 per cent for 2009 and 2.5 per cent for 2010 – which, according to the city, are the same increases that were given to the city's other large unions in bargaining.

METRO OTTAWA



News in brief

ARRESTS Ottawa police arrested five youths over the weekend after a month of investigating thefts at the Walter Baker Sports Centre. Since Sept. 13, several thefts of vehicles have been reported.

ROBBERY Police are seeking the public's assistance in identifying two armed male robbery suspects after a Scotiabank on Somerset Street was robbed Sept. 24.

SEARCH Police are investigating three different reports of a male attempting to lure females into his vehicle.

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That's a wrap for Fall Rhapsody

TIM WIECLAWSKI

tim.wieclawski@metronews.ca

A week after four-year-old Tarah Grout was born, her parents bundled her up and took her out for a walk among the autumn leaves on the Champlain Trail in Gatineau Park.

Since then, Tarah and her parents, Bethany Harpur and Chris Grout, have spent part of each Thanksgiving Monday in Gatineau Park.

Yesterday, the Ottawa family was among hundreds of people taking in the last day of Fall Rhapsody at the Mackenzie King Estate.

"It's a good time to come out. The colours are beautiful. The weather is usually really nice. It's just a nice opportunity to step out of the city and relax out

here," said Chris Grout.

"It's much prettier in the fall, and it's a nice tradition that we've started," Harpur added.

Traffic and parking are usually a challenge on the Thanksgiving Monday, said Grout. In previous years, many of the free parking lots through the park were full. Melissa Landel, her husband, Israel Martinez, and their 17-month-old daughter Ema also came.

"We've been to the park before but never to the estate," said Landel.

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Melissa Landel and her 17-month-old daughter Ema Martinez play in the leaves on the Mackenzie King Estate yesterday. Fall Rhapsody and activities wrapped up for the season yesterday.

Tomorrow's Metro

Eradicating Poverty

Metro launches Eradicating Poverty, a series that will look at helping the less fortunate.

metronews.ca

WHAT'S ONLINE TODAY

Read A chat with plus-size model Crystal Renn at metronews.ca/world

Lotteries

Friday, Oct. 9

Lotto Max: 5, 15, 25, 38, 42, 46 & 47 Bonus 26

Saturday, Oct. 10

Lotto 6/49: 5, 11, 12, 22, 23 & 26 Bonus 41

Sunday, Oct. 11

Ontario Pick 3: 5 4 6; Ontario Pick 4: 4 6 6 2

Encore: 1500238;

Daily Keno: 4, 17, 22, 23, 29, 30, 32, 34, 39, 44

48, 49, 50, 51, 54, 55, 57, 58, 60, 64

Monday, Oct. 12

Ontario Pick 3: 6 4 0; Ontario Pick 4: 5 5 8 5

Encore: 4120780

Daily Keno: 2, 9, 13, 17, 18, 19, 20, 29, 30, 35

37, 38, 44, 46, 51, 54, 63, 64, 67, 68

These results are not official.

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OFFICIAL VEHICLE

Expiring EI driving food bank use: Ignatieff

Inadequate employment insurance benefits are forcing more and more people to turn to food banks for help, Liberal Leader Michael Ignatieff said Sunday. He is worried about the toll the recession is taking on people who have not been able to find new jobs. **THE CANADIAN PRESS**

Canada



Rare stamps going on sale

Stamp enthusiasts will get a glimpse and a chance to bid on some of the oldest and most valuable stamps in Canadian history later this month — including a mint-condition 1851 Canadian 12-pence denomination postage stamp, left, depicting a young Queen Victoria. A U.S. stamp collector is selling 133 early Canadian postage stamps and 81 U.S. Civil War era stamps to raise money for a new postal collection at the Smithsonian National Postal Museum. **THE CANADIAN PRESS**

Deportation numbers soar

Increase seen in last decade

Deportations from Canada have skyrocketed more than 50 per cent over the last decade and the bulk of those given the boot are failed refugee claimants who may return home to face torture and persecution.

Figures obtained by The Canadian Press through Access to Information show Canada removed 12,732 people last year — a major increase from the 8,361 who were deported in 1999.

A series of steady increases over the years shows no sign of abating in 2009. By Aug. 25 of this year, 8,999 had already been deported.

Canada Border Services Agency statistics show

12,732

The number of people deported from Canada in 2008.

failed refugee claimants accounted for three-quarters of deportations while the remainder were often removed on criminal or security grounds.

The most common deportation destinations are the U.S. and Mexico, though hundreds more are being sent to places with shoddy track records on human rights or security, like China, Pakistan and Haiti.

THE CANADIAN PRESS

Commons Speaker marks milestone

OTTAWA Peter Milliken's job might be compared to herding cats, but he's done it longer than anyone in Canadian history.

Milliken is the Speaker of the House of Commons and, as of yesterday, he held the job for 3,178 days, surpassing the tenure of Lucien Lamoureux, a Trudeau-era Speaker.

While few people are likely to recognize the name, they'll likely know the face. On the evening news clips from the Commons, he's the white-haired chap in the black robe trying to keep the exasperation from his voice as he tries to calm a raucous question period.

The 62-year-old MP from Kingston, Ont., was elected the 34th Speaker on Jan. 29, 2001, and has since been acclaimed once and re-elected twice to the post.

It's a tough job. He has to cut himself off from his



House of Commons Speaker Peter Milliken, centre, seen in the Senate Chamber on Parliament Hill in Ottawa in this file photo. As of yesterday, Milliken held the job for 3,178 days, becoming the longest-serving Speaker in Canadian history.

own party and caucus to avoid any perception of bias. He must maintain order among 307 often-fratious MPs. He has to handle his own constituency work, like any other MP.

He's basically the chief executive officer of Parliament, overseeing budgets

and operations for the Commons and the various buildings that make up the parliamentary precinct.

"It's very demanding, time-wise," he said. "You start reasonably early in the morning and you go fairly late at night every day."

THE CANADIAN PRESS

News in brief

ACCESS The Canadian Press has filed a motion in Federal Court seeking the release of sealed documents in the RCMP's security file on storied politician Tommy Douglas. The former NDP leader caught the attention of the RCMP through his longstanding links with left-wing causes, the burgeoning peace movement and assorted Communist party members.

DISEASE Bovine tuberculosis carried by wild elk is increasingly threatening some Manitoba cattle herds, prompting farmers to call for a cull of the animals before more cows succumb to the disease.

THE CANADIAN PRESS

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New York City police say a 49-year-old gay man leaving a corner deli near his home was beaten by two men in an apparent hate crime. Jack Price remains in a medically induced coma. He is in serious but stable condition. THE ASSOCIATED PRESS

World



Bombing kills 41 in Pakistan

TALIBAN A suicide car bombing targeting Pakistani troops killed 41 people yesterday, the fourth grisly militant attack in just over a week, as the Taliban

pledged to mobilize fighters across the country for more strikes.

The Taliban also claimed responsibility for the 22-hour weekend attack on the

nation's heavily fortified army headquarters, saying a cell from Pakistan's most populous province carried out the raid.

THE ASSOCIATED PRESS

No presents for troops on front line?

Thinking of sending a Christmas gift to a British soldier on the front lines? Don't bother. That's the advice from the U.K. Defence Ministry, which warns that the military's mail delivery system may be overtaxed if well-meaning citizens send too many goody boxes for the troops. Instead of making individual purchases and sending them to Afghanistan, the department advises people to work with specified charities that can provide practical gifts for the soldiers.

THE ASSOCIATED PRESS

1 billion going hungry: UN agency

Agricultural investment in developing countries will have to increase more than fivefold to ensure that by 2050 the world has enough to eat, a UN food agency said yesterday.

Poor countries will need a yearly \$44 billion US of development assistance in agriculture compared with the current \$7.9 billion, the Food and Agriculture Organization said as it opened a two-day forum of experts on how to feed the

cent, the agency said in a statement.

"The challenge is not only to increase global future production but to increase it where it is mostly needed and by those who need it most," FAO Director-General Jacques Diouf said.

In June, the FAO said the number of hungry people had reached a record one billion under the combined effect of the global financial crisis, high food prices, war and drought.

THE ASSOCIATED PRESS

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Women, Americans continue Nobel streak

AWARDS Elinor Ostrom became the first woman to win a Nobel Prize in economics, honoured along with fellow American Oliver Williamson yesterday for analyzing economic governance — the rules by which people exercise authority in companies and economic systems.

Ostrom was also the fifth woman to win a Nobel award this year — a record for the prestigious honours.

It was also an exceptionally strong year for the United States, with 11



A screenshot showing Elinor Ostrom and Oliver E. Williamson, 2009 winners of the Nobel economics prize.

American citizens — including President Barack Obama, who won the Nobel Peace Prize on Friday — among the 13 Nobel winners. THE ASSOCIATED PRESS

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metro

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Tuesday, October 13, 2009

6 world

Polish ambassador hit by lightning
Poland's ambassador to Montenegro was seriously injured and another man died after they were struck by lightning. THE ASSOCIATED PRESS

U.S. insurance industry targets health care bill

Legislation would raise costs, report claims

U.S. insurance companies aren't playing nice any more on the health care overhaul.

The industry put out a report yesterday concluding that the Senate's health care legislation would drive up costs to consumers, delivering a dire message at a crucial point in the debate and potentially threatening President Barack Obama's top domestic priority.

The White House and congressional Democrats dismissed the late-incoming message as a "hatchet job." But it put them and their allies on the defensive a day ahead of a pivotal vote in the Senate Finance Committee on sweeping legislation that aims to achieve Obama's goals of extending coverage to the uninsured and curtailing spiraling medical costs.

"I really don't think it's worth the paper it's written on," AARP Executive Vice-President John Rother said

Rebuttal to report

- Democrats and their allies criticized the report as biased. Health economist Len Nichols of the New America Foundation contended that, among other problems, the study failed to take into account the impact of subsidies that would help low- and middle-income people buy coverage. He said it also left out a key expected impact of a proposed new tax on high-value insurance plans, which is a reduction in the use of health services.

Monday of the insurance industry report. "If anyone believes it, that's a problem."

The study commissioned by America's Health Insurance Plans marked a shift in strategy by the industry, which had been working for months behind the scenes to help shape health care legislation. With the Senate panel set to vote on

legislation the industry fears could result in a loss of revenue, the insurers went on the attack, in dramatic fashion.

Late Sunday, AHIP sent reporters and its member companies a new accounting firm study that projects the legislation would add \$1,700 a year to the cost of family coverage in 2013, when most of the major provisions in the bill would be in effect.

Premiums for a single person would go up by \$600 more than would be the case without the legislation, the PricewaterhouseCoopers analysis concluded in the study commissioned by the insurance group.

The industry said the cost increases would result from new taxes and from a weakening of the penalties for failing to get insurance — a change that would let Americans postpone getting coverage until they get sick.

THE ASSOCIATED PRESS

Woman wins Nobel for economics

AWARD Elinor Ostrom became the first woman to win a Nobel Prize in economics, honoured along with fellow American Oliver Williamson yesterday for analyzing economic governance — the rules by which people exercise authority in companies and economic systems.



Ostrom, 76, and Williamson, 77, shared the 10 million kronor (\$1.5 million US) economics prize for work that "advanced economic governance research from the fringe to the forefront of scientific attention," the Royal Swedish Academy of Sciences said.

THE ASSOCIATED PRESS

News in brief

ISRAEL Prime Minister Benjamin Netanyahu vowed Monday never to allow Israeli leaders or soldiers to stand trial on war crimes charges over their actions during last winter's military offensive in the Gaza Strip, furiously denouncing a UN report in a keynote address to parliament. The UN report accused both Israel and Hamas of war crimes and possible crimes against humanity. THE ASSOCIATED PRESS

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Comment & Views

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Comment

Bob Rae waiting at the Grit gates

National Report



metronews.ca/nationalreport

One of Michael Ignatieff's close caucus supporters said to me the other day, "We're still supporting

Michael, but Bob Rae has gained our trust."

He went on to list some of the reasons he and others now have more faith in Rae than Iggy. At the Sudbury party meeting last month, Rae got it right. He was saying, behind the scenes, that Iggy should not be pushing for an election because it would make him look just as the Conservative attack ads were depicting him — an opportunist. Iggy didn't take Rae's ad-

vice. He vowed to bring down the government as soon as possible. But the gambit has done more to bring him down than the prime minister. Caucus members now say they will undercut any order by Iggy to defeat the government by conveniently being absent on voting day.

In June, Ignatieff's team was pressing for a summer election. Rae cautioned against such a move, saying the party wasn't ready and

summer wasn't the time. But the leader came out sounding hawkish, ready to go. Then he suddenly pulled back when told his party wasn't financially ready. He looked feckless in so doing.

The far more experienced Rae has told associates he is not happy with Ignatieff's handling of the job. A participant at morning meetings with the leader and some MPs says Rae's performance there

has been noticeably less enthusiastic in recent times.

On the weekend, Rae had to come forward to deny he orchestrated a move by a group of Liberal senators to amend a crime bill, a bill that Ignatieff was supporting.

As common sense would suggest, Rae, who fell short in a couple of runs for the crown, still has leadership ambitions. He can protest that he is being loyal, that he is doing nothing to en-

courage his supporters. But with the party in a free fall, disgruntled caucus members are going to talk and journalists are going to listen.

The last thing the Liberals need at this point is a new outbreak of leadership feuding. But unless Ignatieff reverses his slide, that's what they'll get.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Higher taxes may be the only solution

In Business



metronews.ca/inbusiness

Read their lips: No new taxes. Stephen Harper's Conservatives and Michael Ignatieff's Liberals keep saying we can eliminate the federal deficit without raising taxes. Economic recov-

ery is supposedly going to provide the tax revenues that, along with some cuts in program spending, will put the nation back in the black sometime after 2015. It will all be so gradual you won't really feel it.

Only children and incurably gentle folk are likely to be taken in by such mendacity. To get some idea of our current deficit problem and the choices we face, we should cast our minds back to 1993. The deficit that year came in at

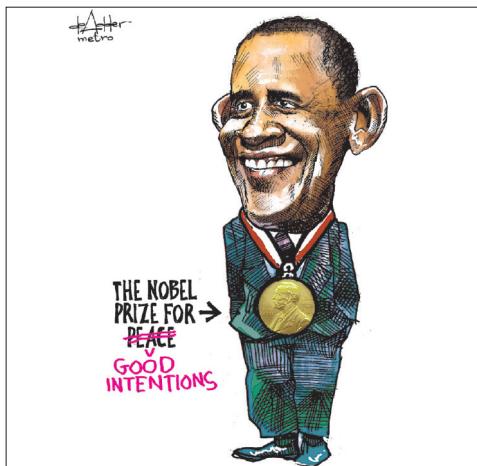
a then record \$42 billion. The newly elected Chrétien Liberals did indeed lick the deficit. Economic growth helped, but we shouldn't forget that the federal government whacked more than \$12 billion from program spending over three years as well as chopping social transfer payments to the provinces.

This time, we have a deficit that's going to hit at least \$56 billion. A slowly recovering economy won't

readily generate additional tax revenues.

So what's a prime minister to do? Raise taxes, either in the form of GST points or personal levies. A minority government won't get away with it, but if a party wins a majority at the next election, higher taxes will likely be part of any deficit reduction package.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



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Google says a board member who is also a director of computer maker Apple is stepping down, removing a potential conflict of interest as the two companies look to compete more directly. Arthur Levinson, chairman of the biotech company Genentech Inc. and a Google board member since April 2004, is resigning. **THE ASSOCIATED PRESS**

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA



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Robert Kiyosaki will not attend this workshop.

Stock markets surge

European and U.S. stock markets rose yesterday amid mounting hopes that third-quarter earnings results will provide further evidence that the world economy is enjoying a solid recovery.

Strong profits from Royal Philips Electronics NV, published earlier yesterday, helped fuel those hopes.

In Europe, the FTSE 100 of leading British shares rose to its highest level for over a year. By mid afternoon London time, the FTSE was up 58.47 points, or 1.1 per cent, at 5,220.34 — that's the first time it has broken through the 5,200 barrier since September last year.

Meanwhile, Germany's DAX rose 83.12 points, or 1.5 per cent, to 5,795 while France's CAC-40 was 43.62 points, or 1.1 per cent,



Trader Dudley Devine, foreground, works on the floor of the New York Stock Exchange on Thursday. While Canadian stock exchanges were closed yesterday, markets around the world rallied.

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higher at 3,842.77.

On Wall Street, stocks

opened higher though trading was relatively subdued as much of the country celebrates Columbus Day federal holiday. The Dow Jones industrial average was up 42.40 points, or 0.4 per cent, at 9,907.34 while the broader Standard & Poor's 500 index rose 3.57 points, or 0.3 per cent, to 1,075.06.

THE ASSOCIATED PRESS

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METRO NEWS SERVICES

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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This just in from the recession wars south of the border. Americans are turning to debit cards and away from credit cards, according to the Washington Post. The annualized decline of 8.1 percent in the use of credit is the first in decades and is matched by an increase in debit cards and cash for purchases.

But beware, even with debit cards and cash there are pitfalls. First of all, pernicious overdraft protection makes it almost as easy to tip into debt as with credit cards. And the protection comes at a price — 21 per cent interest on the overdrawn balance plus a \$5 fee for each overdrawn transaction is the average at the major banks, de-

"You know how it goes, the machine spits out \$100, it's gone within a day and you haven't a clue where it went."

within a day and you haven't a clue where it went.

Debit cards really are great tools if you avoid the fees and don't use overdraft protection. You can easily track your purchases every month which helps you stay on budget.

Make sure you check your balance regularly and stay on top of automatic debits.

Here's a tip: Add just those debits so they come out of your account a day or two after your paycheque is deposited. That way you won't get

21 per cent interest on the overdrawn balance plus a \$5 fee for each overdrawn transaction is the average at the major banks, de-

MoneyMatters**Henry Choo Chong**

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Turning back to cash

Alison's Money Rule:

pending on your account. Carrying a balance on a low-interest credit card would actually be cheaper.

Additionally, debit card devotees can run up fees if you go over the transaction limit for your account. And don't forget, even with premium accounts there are usually charges for withdrawals at non-home bank machines, typically at least \$1.50 each.

I often put the overdrawn, overdebtied and overcharged

on a cash diet for awhile, but long term, it makes tracking spending difficult unless you are vigilant about recording purchases. You know how it goes, the machine spits out \$100, it's gone

within a day and you haven't a clue where it went.

Debit cards really are great tools if you avoid the fees and don't use overdraft protection. You can easily track your purchases every month which helps you stay on budget.

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21 per cent interest on the overdrawn balance plus a \$5 fee for each overdrawn transaction is the average at the major banks, de-

- Getting into the debit card and cash habit can help you break the credit card habit. But it only works if you know the pitfalls.



Debit cards really are great tools if you avoid the fees and don't use overdraft protection.

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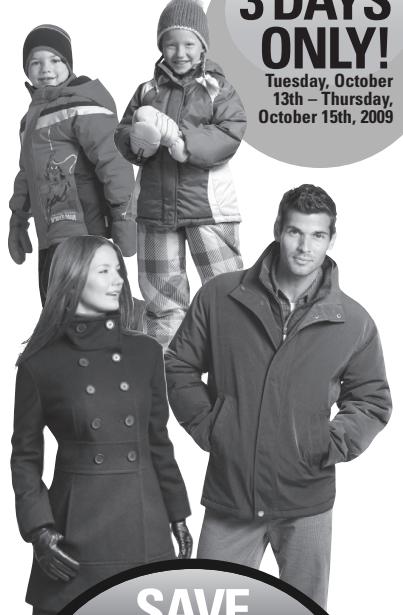
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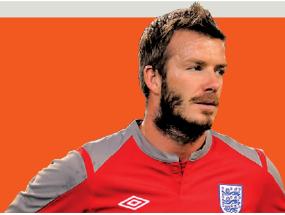
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everything from A to Z

Blue Rodeo will perform during next month's Grey Cup halftime show, with fans choosing the Canadian band's three-song playlist. An online vote at www.greycuphalftimeshow.ca allows fans to choose from 10 songs for the performance Nov. 29 at Calgary's McMahon Stadium, the Canadian Football League announced yesterday. **THE CANADIAN PRESS**

Sports

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA



Beckham loan 'probable'

AC Milan CEO Adriano Galliani says it looks good that David Beckham, left, will join the club on loan again from the MLS's Los Angeles Galaxy in January. Speaking at a meeting in Monaco yesterday, according to the ANSA news agency, Galliani said: "It's very probable that Beckham will come to Milan on loan until June 30."

THE ASSOCIATED PRESS

Pens dump Sens

NHL RESULT

Pittsburgh 4 Ottawa 1



Tyler Kennedy had two goals and linemate Craig Adams added two assists in the Pittsburgh Penguins' 4-1 win over the Ottawa Senators yesterday.

Bill Guerin, in the first, and Jordan Staal, in the third, also scored for the Penguins (5-1-0). Marc-Andre Fleury made 30 saves to

earn his fifth win in as many starts.

Milan Michalek had the lone goal for the Senators (3-2-0), who had their three-game winning streak stopped. Pascal Leclaire made 24 saves in the loss.

Down 3-1 after 40 minutes, the Senators pressed the Penguins hard in the first half of the third period before Staal put the game out of reach scoring on a rebound at 9:54.

A long five-on-three advantage late in the game for the Senators produced nothing.

Kennedy broke a 1-1 tie

with two second-period goals, the second of which Leclaire simply missed. Kennedy took a pass from Matt Cooke and drove down the right side before beating Leclaire with a shot to the far side from two feet above the faceoff circle.

THE CANADIAN PRESS

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FRED CHARTIER/THE CANADIAN PRESS

Ottawa's Jarkko Ruutu, right, reacts after getting a stick in the face after checking Pittsburgh's Ruslan Fedotenko last night during the Penguins' 4-1 win over the Senators.

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Sports in brief

HOCKEY Vladislav Tretiak was named general manager of Russia's hockey team for the 2010 Winter Games in Vancouver by the Russian Ice Hockey Federation yesterday. The 57-year-old former Soviet goaltender and federation president is Russia's most accomplished Olympic hockey veteran with three gold medals and a silver.

SOCCER Defender Fabio Cannavaro's doping case has been dropped by the Italian Olympic Committee after learning the positive test was a result of using cortisone to treat the bee sting.

FORMULA ONE Ferrari driver Felipe Massa took his first test drive in a Formula One car since a life-threatening accident and said yesterday he's back to the driver he was before. **METRO NEWS SERVICES**

NFL Dolphins go wildcat



Miami running back Ronnie Brown, centre, looks to throw during a wildcat play against the New York Jets last night in Miami. For results of the Dolphins-Jets tilt, visit metronews.ca/sports

Jays bolster front office

BLUE JAYS Alex Anthopoulos has continued his makeover of the Toronto Blue Jays' front office by luring Dana Brown from the Washington Nationals to serve as a special assistant to the general manager.

The hiring, which is expected to be announced today, was confirmed yesterday by a source requesting anonymity to The Canadian Press.

Brown mentored Anthopoulos while both were with the Montreal Expos at the start of the decade, but remained with the club as it moved to Washington, serving as its director of amateur

scouting.

Anthopoulos, a Montreal native, joined the Blue Jays after the 2003 season, climbing up the organization until he was named general manager in place of the fired J.P. Ricciardi a week and a half ago.

Brown was hired as Expos scouting director in 2002 after working eight years in scouting for the Pittsburgh Pirates. Players drafted under his watch include all-star third baseman Ryan Zimmerman, Chad Cordero, Chris Marrero, Ross Detwiler and, this past summer, Stephen Strasburg.

Shuffle

- Brown's hiring comes on the heels of a major shuffle of the scouting and player development departments announced Friday.

Brown was hired as Expos scouting director in 2002 after working eight years in scouting for the Pittsburgh Pirates. Players drafted under his watch include all-star third baseman Ryan Zimmerman, Chad Cordero, Chris Marrero, Ross Detwiler and, this past summer, Stephen Strasburg.

THE CANADIAN PRESS

Rugby players hospitalized after brawl

Three Romanian rugby players were hospitalized after a fight broke out between players in a Central and Eastern European Rugby Cup match, an official said yesterday. The incident took place Sunday during a match between CSU Arad and RCM Timisoara. Timisoara won the match 42-16. **THE ASSOCIATED PRESS**

Getzlaf siblings no rivals

Ryan's older brother Chris emerging as CFL star with Saskatchewan

STEPHEN JOHNSON
for Metro Canada



It wouldn't be surprising if Chris Getzlaf felt a twinge of sibling rivalry. His younger brother Ryan has already won a Stanley Cup, signed a multi-million dollar contract, and appears to be a shoe-in for the Olympic hockey team. But Chris is an outstanding athlete in his own right and does not harbour any jealousy.

Getzlaf is a starting slotback with the Saskatchewan Roughriders. The road to the Canadian Football League was not an easy one for the six-foot, 200-pound University of Regina product.

"Whether it was the high school or professional level, I was never an im-

"It was a dream come true to return home and play with the Riders. Every young kid in Regina thinks about playing with the Saskatchewan Roughriders."

Chris Getzlaf

mediate starter," said Getzlaf. "I have always had to work hard and prove myself to the coaches."

Getzlaf did have an opportunity to start in 2006 with the University of Regina Rams. He played well enough to attract the attention of CFL scouts and was drafted by the Hamilton Tiger-Cats in 2007.

After a brief stint with the Ticats, Getzlaf was traded to his hometown Saskatchewan Roughriders. "It was a dream come true to return home and play with the Riders.

Every young kid in Regina thinks about playing with the Saskatchewan Roughriders."

Even though Getzlaf saw limited playing time with the Roughriders in 2007, he was lucky enough to be a part of a team that won the Grey Cup. He saw more duty in 2008 starting five games with 15 receptions for 244 yards.

So far, the 2009 season has been Getzlaf's most productive. To date, the slotback has caught 28 passes for 346 yards and

four touchdowns.

While many players would be content playing for their hometown team and being a starter, Getzlaf has his sights set higher. "I would like to get to the point where the quarterback and coaches want to throw to me in the clutch situations. Eventually, I am hoping to win Canadian player of the year."

When Getzlaf is not playing football, he keeps in close contact with his brother attending hockey games in Anaheim, Calif. He describes their relationship as one of healthy competition.

"Growing up, Ryan and I played sports together on a fairly regular basis," he said. "Even though I'm a couple of years older we even played on the same



Chris Getzlaf, left, is an emerging star in his role as a slotback with the Saskatchewan Roughriders. He's also the older brother of Anaheim Ducks forward Ryan Getzlaf.

hockey team.

"I can also say that whenever we got in the normal brother wrestling matches or fights, I was always the victor!"



Bell trading up just got better

second commercial skip function, 9-day programming guide and expandable recording capacity. Additional equipment required. (2) Based on independent survey conducted in April 2009 vs. Ontario's major cable provider. (3) Based on various Bell TV programming packages combined with Premium Movies, certain International programming, equipment rental and Bell Bundle discount

Chicago Cubs file for bankruptcy

BASEBALL The Chicago Cubs baseball team filed for Chapter 11 bankruptcy protection yesterday, a step that will allow its corporate parent to sell the team in an \$845-million US deal.

The filing in Wilmington, Del., was anticipated and is expected to lead to a brief stay in Chapter 11 for the Cubs. A hearing on the case was scheduled for today in front of the judge who has been handling the bankruptcy case of the Cubs' owner, Tribune Co.

The Cubs' filing is part of the Tribune Co.'s plans to sell the team, Wrigley Field and related properties to the family of billionaire Joe Ricketts.

THE ASSOCIATED PRESS

Phillies storm back, earn NLCS berth

MLB PLAYOFFS



BASEBALL Chase Utley ducked near second base. The rest of the Philadelphia Phillies never flinched.

Ryan Howard hit a two-run double with two outs in the ninth inning and scored on Jayson Werth's single as Philadelphia rallied past the Colorado Rockies 5-4 last night to reach the National League Championship Series.

Brad Lidge earned his second consecutive save, once again retiring cleanup bat-

ter Troy Tulowitzki with two on to end it. Tulowitzki, who fled out to conclude Game 3, struck out this time and the Phillies celebrated on the infield at chilly Coors Field before retreating to the clubhouse to spray champagne.

Next, the World Series champions play Thursday night against Los Angeles at Dodger Stadium in an NLCS rematch from last season. This marked the fourth straight year that none of baseball's first-round series went to a winner-take-all Game 5.

After Dexter Fowler's hurdle of Utley sparked Colorado's three-run rally in the eighth, Howard and the Phillies responded with a three-run rally of their own

American League

- The Los Angeles Angels and the New York Yankees are set to meet in the American League Championship Series starting Friday.

The Angels eliminated the Boston Red Sox in the Divisional series, while the Yankees swept the Minnesota Twins.

in the ninth against closer Huston Street.

The Rockies looked as though they were going to send the series back to Philadelphia when Yorvit Torrealba's two-run double broke a 2-2 tie in the bottom of the eighth, but it wasn't to be.

THE ASSOCIATED PRESS

Sports in brief

NFL Two San Francisco 49ers defenders with concussions could be done for the season. Safety Michael Lewis sustained his third concussion of the season during Sunday's 45-10 loss to Atlanta and was to have further testing during the off week.

Linebacker Jeff Ulbrich, who suffered a concussion on the opening kickoff against St. Louis on Oct. 4, is scheduled to be seen by a neurologist tomorrow.

CFL The father of Weston Dressler says the Saskatchewan Roughriders star broke his right leg and suffered a sprained ankle in the team's 32-22 win over the Toronto Argonauts on Saturday.

Rick Dressler says his son might still be able to return for the CFL playoffs.

SOCER Italy goalkeeper Gianluigi Buffon plans to undergo surgery in December to relieve pain in his left knee. Buffon said

he would attempt to play despite the meniscus problem for a couple more months to help Juventus in the Serie A and Champions League.

NFL The Revs. Al Sharpton and Jesse Jackson attacked the bid by Rush Limbaugh to buy the St. Louis Rams yesterday, saying the conservative radio host's track record on race should exclude him from owning an NFL team. Sharpton sent a letter to NFL commissioner Roger Goodell, arguing that Limbaugh has been divisive and "anti-NFL" in some of his comments.

NHL The return of the Quebec Nordiques to the NHL may be one step closer to reality. Quebec City mayor Regis Labeaume confirmed Saturday that he met with NHL commissioner Gary Bettman along with former Nordiques owner Marcel Aubut.

METRO NEWS SERVICES

Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Canadian food, eh?

Be proud, eat homegrown nutritious commodities

CELIA MILNE
for Metro Canada

We're all familiar with Chinese food and Italian food, but what is Canadian food?

David McInnes says it's a wide variety of fresh, healthy foods.

Instead of poutine and beaver tails, Canada should be known for homegrown, nutritious commodities: Fish from our lakes and oceans, grains grown on our prairies, and fruits and vegetables in abundance all over the country.

Promoting the Canadian diet is good for health and good for agriculture, says

McInnes, who is president and CEO of the Canadian Agri-Food Policy Institute (CAPI) in Ottawa. "We need to recognize that, hey, we do have foods in Canada that are safe, healthy and are produced in a sustainable way," he says.

"We have a Canadian diet and we should be proud of what we produce and eat."

The idea of the "Canadian diet" was developed by CAPI as a starting point to help counter the rising epidemic of obesity in this country and boost the ailing farming industry. Here's how it might work:

- Get people to stop eating junk food and turn to fresher, locally-grown food

— salmon, sweet potatoes, carrots, berries, whole grains, spinach, dairy products such as milk, yogurt and cheese, flax, lean meats, and a wide array of other fruits and vegetables.

- Invest in advanced research to find out which foods promote health.
- For instance, what are the health benefits of oats and barley? Take that research from the laboratory to the marketplace.
- Support innovation in the agriculture industry.
- Improve the regulatory

environment for farmers.

- Promote strategies that drive up exports.

The concept sprouted wings, says McInnes, "generating considerable national interest in newspapers, radio and the trade press."

Dietitians have been promoting this way of eating for years.

"Canada produces some of the world's healthiest and most versatile ingredients. Many, such as canola, salmon, pulses (dried beans and lentils) and flax provide general health benefits by helping to reduce the risk of developing chronic diseases like heart disease and cancer, while others have more specific benefits," says Mary Sue Waisman, a registered dietitian who works with Dietitians of Canada.

Spinach contains lutein which may help keep eyes healthy



SOLO PHOTO

Instead of poutine and beaver tails, Canada should be known for its homegrown, nutritious commodities, such as local fish, grains, fruits and vegetables.

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FOOD A staple of the Mediterranean diet, the benefits of olive oil far outweigh the negative associations normally linked to fatty foods.

Composed mainly of healthy 'monosaturated fats,' diets where olive oil is used as the main source of fat tend to be linked to lower rates of heart disease, diabetes, asthma and colon cancer.



Olive oil can lower rates of heart disease and diabetes.

tains phyto-chemicals that would otherwise be lost in the refining process, such as hydroxytyrosol and oleuropein.

METRO WORLD NEWS

SEASONAL FLU, H1N1 AND YOUR TOOTHBRUSH

At the best of times, the human mouth is home to more types of germs and bacterial than pretty much any other part of the body. Perhaps this is not a pleasant image, but true nonetheless.

The human mouth maintains a constant temperature and high degree of humidity. That makes it the ideal breeding ground for the more than 100 species of bacteria that inhabit the various crevices of the mouth.

In truth, most of them are actually beneficial for us. They help fend off other invading forms of bacteria and even help breakdown some of the foods that get caught between our teeth.

Nonetheless, we cannot rely on these "friendly" bacteria to keep our teeth clean. That is why brushing and flossing is so important. Now the floss, of course, is discarded after a single use. But what about the toothbrush?

Most of us simply rinse off the toothbrush and return it to the same place we always store it. In a family, it is common for more than one toothbrush to be stored together... often sharing much of the bacteria they just removed from your mouth... waiting for the next time they go back

the brush you used while ill...just to make sure the flu has been removed from your house.

Once everyone is healthy, you should still take care of your toothbrush to make sure it does not become the permanent home of some nasty and harmful forms of bacteria. Running your toothbrush through the dishwasher has proven to be one of the most effective methods of removing bacteria. If you do not have a dishwasher, placing it in boiling water is another simple and effective solution. Of course, if you use an electric toothbrush, it's only the brush head that should be washed or boiled. Read the operations manual for maintenance and care instructions.

These are easy and cost-effective ways to make sure your toothbrush continues to be the tool you need to look after your oral health – not a mechanism whereby harmful germs and perhaps even the flu are introduced into your body.

Make sure you add these simple steps to your oral health routine. Because keeping your toothbrush clean and bacterial free is a healthy habit...and healthier habits lead to healthier lives.

Dr. George Parry - Dental Surgeon

into your mouth!!!

And at this time of year, not only are they sharing the bacteria that is found in our mouths all year. Our toothbrushes may be sharing the seasonal flu or even H1N1.

Think about it. Just because you are sick with some form of the flu does not mean you should stop looking after your oral hygiene. Brushing should continue. But when one member of the family is ill, the toothbrush can be the tool that allows the flu to spread to others.

That is why we recommend that you isolate your toothbrush, as well as yourself, when you have the flu. And when you recover, you should discard

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Morality or justice?

Prostitution laws don't protect the vulnerable in our society

The J Spot

Josey Vogels

metronews.ca/thejspot

The polarization of the debate surrounding the current court case challenging Canada's prostitution laws raises difficult questions about the role morality should play in lawmaking.

Toronto dominatrix Terri-Jean Bedford and prostitutes Valerie Scott, 51, and Amy Lebovitch, 30, are asking Ontario's Superior Court of Justice to decriminalize prostitution, saying current laws make it dangerous for women working in the sex trade.

Opponents claim decriminalization of prostitution condones the selling of sex and that is wrong.

But is it really up to the law to decide whether the selling of sex is right or wrong?

Originally outlawed under Victorian social-hygiene-policy-based "vagrancy laws" — which also applied to jugglers, loafers and other general undesirables — this was considered discriminatory when Canada's first crimi-



Is it really up to the law to decide whether the selling of sex is right or wrong, questions columnist Josey Vogels.

nal code was passed in 1892. So to satisfy moral objection to prostitution, the buying and selling of sex was made legal, but "soliciting" was not. Which is sort of like trying to be a door-to-door salesman who isn't allowed to go door-to-door.

Also, pretty much every activity surrounding prostitution — communicating,

bawdy houses, and pimping, to name a few — is illegal. But, despite all this, the sex trade continues to flourish. In other words, outlawing prostitution doesn't make it go away.

Besides, if you think prostitution should be outlawed because you have a moral objection to the commercialization of sex, well, in today's socie-

ty, there isn't much that isn't turned into a commodity. Why is sex so sacred it can't be bought or sold?

It's anyone's moral right to frown on prostitution, but morality doesn't justify putting women in danger. The law is intended to protect the vulnerable in our society.

According to Statistics Canada, prostitution is in the top three most risky professions along with cops and cab drivers. Given that, I'd say these (mostly) women fit the description.

Still, prostitution laws achieve the opposite. Because "communicating" is illegal, street workers have to jump in cars with strangers to negotiate their terms. The streets aren't safe, but because bawdy houses are illegal, they can't go indoors. And one need only look at the Picton Pig Farm case for more proof of this job's hazards.

There should be legal limits on sex, but they should be there to protect vulnerable people, not to reflect or dictate our sexual morality. To look to the law to tell us what is healthy when it comes to sexuality is just wrong.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.



Consonant Organic Foaming Face Wash (\$18/125mL), left, and Organic Intense Therapy Hand Cream (\$20/125mL).

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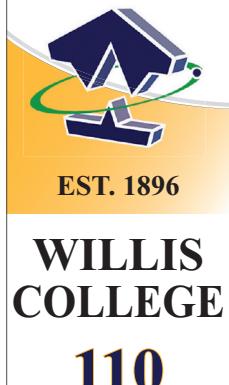
More and more companies are launching the kinds of creams and lotions that a few years ago were only found in health-food stores.

Look for Consonant Body Organic Skincare products, made in Canada, now available at selected large department stores, or at consonantbody.com.

Consonant has recently released a 99 per cent natural foaming face wash and a new, organic hand cream to go with their soaps and lotions introduced last year.

Their slogan, happily embraced by Canadians, is "what goes on your body goes in your body."

CELIA MILNE
/FOR METRO CANADA



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Making healthy food choices on the go

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for Metro Canada

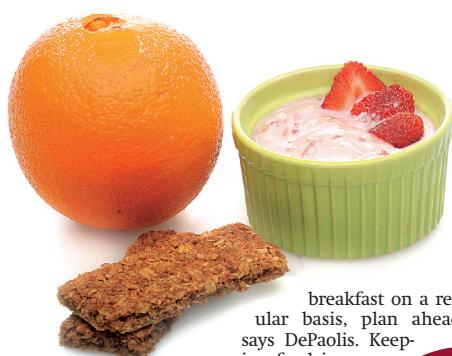


Everyone has those days where eating on the run is a necessity.

But for some, skipping meals and grabbing the quickest thing around is a lifestyle that can't be avoided. However, your busy schedule shouldn't stop you from eating a healthy diet.

"It's more common than most people think," says Stefanie DePaolis, registered dietitian and owner of Menu For Movement. "People struggle to find healthy alternatives when they're busy."

DePaolis says its important to eat something, regardless of how healthy you may think it is, than to skip a meal. She says eating every three to four hours is important to keep blood sugars at a normal level.



Trail mix, granola bars, yogurt cups and fruit are all good options for a quick and nutritious breakfast.

She says even if it's a microwave dinner or something from a fast food joint, don't feel guilty about eating at regular intervals.

If you find yourself running out the door without

breakfast on a regular basis, plan ahead, says DePaolis. Keeping food in your office or at home that takes no preparation is the best way to avoid skipping meals.

"Trail mix, a yogurt cup or fruit is great options," says DePaolis. "Try to think of these things ahead of time."

Eat every three to four hours to keep blood sugar levels normal

She also says granola bars are a great way to keep from going hungry, and are easy to keep without a fridge. But the bars should meet a healthy standard. DePaolis says check the nutritional information on the box and look for bars with at least three to four grams of fibre, less than eight grams of sugar and it should have less than three grams of fat per bar.

If you find yourself at the food court or at a fast food restaurant for lunch, DePaolis says a simple sandwich is a great choice. Avoiding sandwiches with a high content of mayonnaise is important. She advises skipping tuna, egg or chicken salad to avoid a mayo overdose.

So how can you take advantage of the healthy Canadian diet? Metro asked the Canadian Agri-Food Policy Institute, along with the Dietitians of Canada, to come up with some purely down-home ideas for our kitchens.

- Maple Marinated Salmon:** Grilled on a Cedar Plank; top with a blueberry salsa made with chopped blueberries, red bell and jalapeno peppers and apples with fresh mint and a drizzle of canola oil and apple juice.

- Backyard Garden Salad:** Made with spinach, romaine and local chopped veggies topped with finely diced Oka cheese and your favorite lower fat vinaigrette.

- Cauliflower au Gratin:** Tender cauliflower topped with melted Canadian mozzarella cheese.

CELIA MILNE
/FOR METRO CANADA

Sustainable food is not always local, but is produced in a socially responsible manner. Sustainable coffee beans, for example, may travel far to reach your table in Canada, but the coffee is grown on perennial bushes that don't require plowing, which keeps soil carbon stored in the ground. **THE CANADIAN PRESS**

Food

Nancy Tringali Piho, author of *My Two-Year-Old Eats Octopus: Raising Children Who Love to Eat Everything*, is one of several culinary authors with recent books offering personal stories and tips for foodie parents looking to share the meals they love with their children.

THE CANADIAN PRESS

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA



Delicious flavours for Diwali

If you rolled a bit of Christmas, New Year's Eve and Thanksgiving into one, then catered the affair with heaps of sweets and savory snacks, you'd begin to get a taste for what it means to celebrate Diwali, India's best known festival, which this year falls on this Saturday.

Metro nabbed a few more delicious and simple recipes from *Everyday Indian: 100 Fast, Fresh, and Healthy Recipes* by Bal Arneson. After publishing the Vancouver author's terrific Tandoori Quesadillas earlier this year (which can be found at metronews.ca, if you enter the recipe name into the Search field), we just had to go back for more.

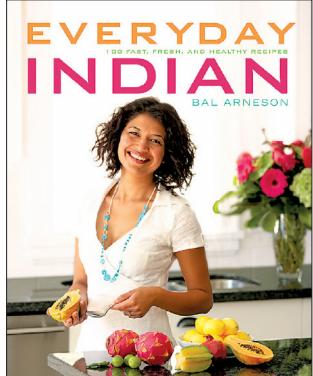
As Bal says, "... You shouldn't have to go to a restaurant to enjoy the great flavours of Indian food, nor should you view an Indian meal as an occasional treat... you can take any recipe in this book, any day of the week, and create a delicious, healthy dish in 20 to 25 minutes."

Everyday Indian (Whitecap Books) is available now.

Salmon Paneer Cakes

MAKES 6-8 PIECES

Serve with Mint Chutney, Peach Chutney or Yam and Red Onion Chutney.



- 2 Tbsp grapeseed oil

METHOD:

Combine all the ingredients except the oil in a bowl and mix until the flour is evenly distributed. Make small cakes (1-inch patties). Heat the oil in a non-stick skillet over medium heat and pan-fry the patties on both sides until golden brown.

• **Note:** Adding 1 tsp of dried fenugreek leaves, 1 tsp of chana masala, and 1 Tbsp of finely chopped ginger gives an enticing aroma to the cakes. You can also sprinkle fresh lemon juice over the cakes just before serving to brighten all of the flavours.

Homemade Paneer

INGREDIENTS:

- 1 gallon (4 L) 2% milk
- 1/2 cup plain white vinegar
- One 20-inch-square piece of cheesecloth

METHOD:

Bring the milk to a boil in a large pot. Add the vinegar and stir until the mixture separates into solids and liquid. Drain the



Salmon Paneer Cakes, a recipe from *Everyday Indian* by Bal Arneson.

mixture through cheesecloth. Wrap the curd with the cheesecloth, place in a sieve, and put a heavy weight on it, such as a cookie jar or rice container. Let the water drain completely for 20 minutes.

Remove the cheesecloth and cut the paneer into small cubes. Use immediately or refrigerate in a covered container for up to 5 days.

• **Note:** Pan-frying helps to keep the paneer cubes from falling apart. Place 2 Tbsp grapeseed oil in a non-stick pan over medium heat. When the oil is hot, gently place the paneer in the pan and cook until golden-brown. Gently flip the pieces and brown the other side. Pan-fried paneer freezes and thaws very well without crum-

bling.

Garam Masala

MAKES 1 CUP

INGREDIENTS:

- 1/2 cup coriander seeds
- 1/2 cup cumin seeds
- 1/4 cup dried curry leaves
- 1/4 cup black peppercorns
- 1/4 cup mustard seeds
- 3 whole cloves
- 2 black cardamom pods
- 2 cinnamon sticks, each 3 inches long
- 2 bay leaves

METHOD:

Preheat the oven to 325°F. Combine all the ingredients, spread them on a rimmed baking sheet, and toast in the oven for 15 minutes. Let cool and process to a fine powder in a grinder, such as a coffee

grinder reserved for this purpose. Stored in an airtight container in a cool place, it should keep well for 3 months.

WITH FILES FROM
THE ASSOCIATED PRESS

Diwali in brief



THE CELEBRATION

The legends behind Diwali — a word taken from the Sanskrit word dipavali meaning "row of lights" — vary by region in India, but people of every faith light windows and doorways with small clay or silver oil lamps, and trim homes, shops and businesses with brightly coloured lights. Firecrackers pop and screech from early morning. Businesses close their fiscal year and open new books. Diwali also is a time for visiting friends and family, and the delicate, time-consuming savories — which are easily made in large quantities — are exchanged between homes.

THE ASSOCIATED PRESS

LiquidAssets



metronews.ca/liquidassets

Hearty quaffs

Even if you're a dedicated sun worshipper, it's still hard not to love fall. While there may be a chill in the air, with the leaves changing and the harvest in full swing at farms and vineyards across the country, there's no better time to be Canadian.

Autumn is the season where fresh produce really influences what happens in the kitchen with hearty stews, game meats and plenty of rustic comfort food dominating the dinner table.

Though I've never been one to relegate a certain style of wine to a spot on the calendar some just echo the personality of a season so well that there's a real unifying connection.

The juice from France's Rhone Valley taste like October — especially its reds. They're typically easier drinking than most French with wines like **M. Chapoutier's 2007 Belleruche Côtes du Rhône (\$17.80-\$19.29)**, offering a mouth full of licorice, spice and dark fruit, thanks to its blend of grenache and syrah.

The viognier grape also calls the Rhone home, but Chile is working wonders with it as well. With forward leathery fruit and a lingering white pepper bite **Cono Sur's 2008 Viognier (\$9.99-\$11.99)** is a tasty fall weather white.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.

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Flight attendant sues Oprah

Corrine Gehrls, a flight attendant on Oprah Winfrey's private jet, has filed suit against the talk show host after she was fired for allegedly have sex with the plane's head pilot while Winfrey and guests slept during a flight. **METRO NEWS SERVICES**

Entertainment

EDITOR: DEAN.LISK@METRONEWS.CA

Dillon returns to rock

Flashpoint and Durham County star releases new album

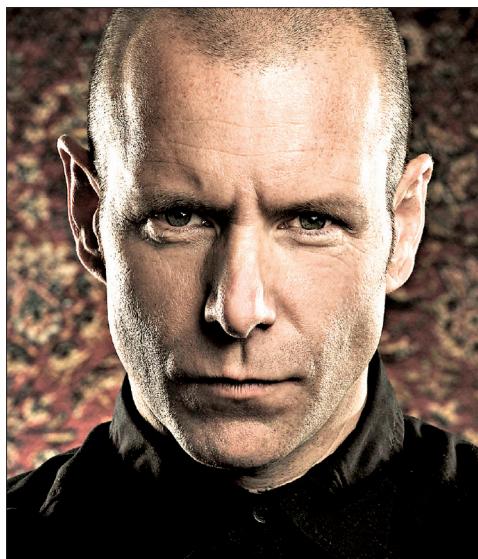
MAUREEN LITTLEJOHN
for Metro Canada

Hugh Dillon, former Headstone turned TV star, has often depended on the musical muse to lead him in the right direction.

"I got in the habit of songwriting long ago, it was consistent when everything else wasn't consistent," the 46-year-old explains, referring to when his hard rocking group disbanded in 2003.

Works Well With Others, his new solo album out on Warner Music today, features a couple of songs heard on the two shows he stars in, Flashpoint and Durham County. The music is muscular yet introspective, filled with clear-headed determination. What did he intend with the title? "Well, it was something written on my report cards when I was a kid until one day it wasn't," he says. The angry young punk has come full circle.

Produced by Paul Langlois of the Tragically Hip, the album is a farewell to the boozed up addict who didn't think he'd see age 40. First song Friends of



Works Well With Others is the new album from Hugh Dillon.

Mine, is spare and to the point, a confessional of sorts. "I lost a lot of friends, it's part and parcel of the lifestyle. When you're young you emphasize the drugs and rock 'n' roll. But they take over life. I knew I had to change everything." Dillon packed his bags and

headed to Los Angeles (where he still lives) to start over. "It was terrifying. I had a s—y little apartment and my guitar. I had to fight depression and misery and rise above the problem. Once I had identified that the problem was me, I had a shot."

Acting in indie movies Hard Core Logo in 1996, and Down to the Bone in 2004 helped land him plum roles in Durham County and Flashpoint. He credits his wife, Midori Fujiiwara, for supporting him as he got his life back together.

"We've been together 21 years. I wrote the song Puzzle I Am for her. It's very different for me, no rage, and no heavy rock 'n' roll. It was liberating."

This month the Gemini-nominated actor/musician starts shooting the next season of Durham County in Montreal. Come January he'll be in Toronto revving up for another season of Flashpoint. He hopes to do a few live music gigs in December and possibly tour next spring or summer.

"I had to fight depression and misery and rise above the problem. Once I had identified that the problem was me, I had a shot."

Hugh Dillon

This is It new Jackson single debuts online

Michael Jackson returned to the airwaves yesterday with a new song — the first from an upcoming musical documentary featuring the late superstar.

It is the first new material by Jackson to be released since his sudden death in Los Angeles on June 25.

Jackson sounded confident and almost playful on This is It, which features his trademark breathy vocal style, perfected over the years since he was a child sensation with the Jackson Five.

He is backed by lush vocals from his brothers, giving the recording a nostalgic, familiar feel.

It is a mid-tempo number with orchestral backing that is played during the closing sequences of the documentary, which opens Oct. 28 for a limited two-week run. It features rehearsal footage shot shortly before Jackson's death.

It will also be part of the two-disc CD set that will accompany the movie in

Available online

- The song is available on Jackson's official website (michael-jackson.com) and is also being sent to radio outlets.

what is expected to be a worldwide marketing blitz to capitalize on the surge of emotion that followed the singer's death.

The documentary, also called This is It, features footage of Jackson rehearsing for his planned London concerts, which were to mark his return to the stage after a lengthy absence caused in part by a series of legal and personal problems.

The singer was deeply in debt and had found his popularity dimmed by repeated charges of child molestation.

Jackson's death at age 50 is still being investigated.

THE ASSOCIATED PRESS

Michael Jackson died in June.



Law says sorry

Jude Law has reportedly apologized to his family after DNA tests "conclusively" prove he fathered aspiring actress Samantha Burke's daughter Sophia, who was born last month. FEMALEFIRST.CO.UK

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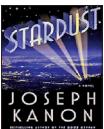
Hurtin' Hamm

Mad Men's Jon Hamm was sporting a hole-punch-sized crater in his neck during a visit to The Late Show with David Letterman after being injured on the set of his upcoming film The Town. **METRO WORLD NEWS**

Dark intrigue in Hollywood

Stardust

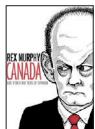
Author: Joseph Kanon
Publisher: Atria Books
Price: \$36 (Hardcover)



In the thrilling post-Second World War novel Stardust by Joseph Kanon, protagonist Ben Collier enters the world of American filmmaking only to become embroiled in a plot of epic proportions. He's returned from serving in Europe to California, where he finds his director brother Daniel comatose after a fall from a window. When Daniel dies, Joseph wonders whether it was accident, suicide or something more. His hunt leads him to discover an anti-Communist government offensive focused on the film industry and his brother's role in it. Mixing real figures with fictional ones, Kanon creates an engrossing mystery.

Canada and Other Matters of Opinion

Author: Rex Murphy
Publisher: Doubleday Canada
Price: \$32.95 (Hardcover)



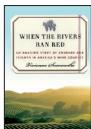
In Canada and Other Matters of Opinion, the country's favourite commentator, Rex Murphy, delivers a collection of his cutting perspectives on topics ranging from politics to pop culture. The CBC personality and frequent *Globe and Mail* contrib-

BookPicks

utor scrutinizes and deconstructs public figures from Adrienne Clarkson to Pamela Anderson, underscoring his observations with a trademark sarcastic edge. Whether he's assessing the cultural meaning of Tim Hortons or the ambiguities of the tri-party coalition-that-couldn't, Murphy has an unabashedly Canadian eye.

When the Rivers Ran Red

Author: Vivienne Sosnowski
Publisher: Palgrave Macmillan
Price: \$34.50 (Hardcover)



When Prohibition took hold in the U.S. in 1919, the crackdown hampered more than the indiscretions of urban socialites. Banning alcohol meant destroying a way of life for its sellers, manufacturers and trans-

porters. In *When the Rivers Ran Red*, newspaper editor Vivienne Sosnowski uncorks the history of wine production south of the border, chronicling the risk vineyards took to stay afloat. She reveals the fantastic gun battles and the illegal manoeuvres of law enforcement officials that ensued when the government stomped on an industry.

— BRIAN COULTON/
FOR METRO CANADA

Entertainment in brief

MAGAZINES After more than a half century featuring women like Marilyn Monroe, Cindy Crawford and the Girls of Hooters on its cover, Playboy has,

for the first time, given the spot to a cartoon character. In the magazine's November edition, which hits newsstands on Friday, Marge Simpson will be

the cover girl and get the full star treatment, complete with a data sheet, an interview and a two-page centrefold.

THE ASSOCIATED PRESS

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entertainment 17

DVD picks

The Proposal

Director: Anne Fletcher



REVERSE SEXISM is at work in this screwball comedy starring Sandra Bullock and Canada's Ryan Reynolds, a summer hit that provided major career boosts to both.

Bullock is the poor man's Meryl Streep in her role of New York book editor Margaret, who boots around and then seeks to wed her assistant, Andrew, played by Reynolds.

Margaret is an uppity Canadian — irony alert! — whose U.S. residency is about to be revoked by an overzealous immigration agent (Denis O'Hare). She conspires a shotgun marriage with U.S.-born Andrew to save her status.

City slicker Margaret has to cope with the Alaskan foibles of Andrew's kooky kin, including his meddling mom (Mary Steenburgen), gruff dad (Craig T. Nelson) and

kinky granny (Betty White, ever the scene thief), whose 90th birthday occasions the trip.

The twist is that Reynolds, who normally does the hip cynic, is playing a pathetic pup heels to every cruel whim of his employer. But the freshness only lasts until the film defaults to rom-com formula. Nobody who ever attended a date movie will be surprised by what happens, but *The Proposal* has low expectations and good vibes in its favour.

Extras include an alternative ending, deleted scenes and commentaries by Fletcher and Chiarelli.

Drag Me to Hell

Director: Sam Raimi

APPLAUDING SAM RAIMI for returning to his schlock horror roots is a bit like cheering a Big Mac for tasting the same as it always does.

Sure, it's fun that Raimi took



a break from counting his Spider-Man loot to bang out a quickie thriller strongly reminiscent of his *Evil Dead* beginnings. But couldn't *Drag Me to Hell* be just a little bit more imaginative?

This time, the dead-dodging protagonist is a woman (Alison Lohman), rather than the hapless hero played so memorably by Bruce Campbell.

Lohman's character, Christine, is just too dumb to warrant the supernatural abuse she endures after running afoul of gypsy crone Mrs. Ganush (Lorna Raver). For acting like a bureaucrat rather than a saint, Christine's punishment is to spend the next 90 minutes dodging the curse of the Lamia, a body-snatching entity from hell that holds big-time grudges and won't take no for an answer.

The thrills are good, but *Drag Me to Hell* isn't as funny as it should be. Extras include video production diaries and the unrated director's cut.

Peter Howell/
for Metro Canada

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In brief

TECHNOLOGY He may be married to Queen Elizabeth II, but Prince Philip has the same technological troubles as millions of commoners. The 88-year-old prince has bemoaned the complexity of television remote controls, saying attempts to record programs often end up with him lying on the floor with a flashlight, a magnifying glass and an instruction manual. The comments came in an interview posted on Buckingham Palace's YouTube channel.

ROOTS It seems Matt Damon and Ben Affleck are more than childhood pals and Hollywood collaborators. According to the New England Genealogical Society, they're also tenth cousins, once removed. Society researchers say both Damon and Affleck are descended from William Knowlton Jr., a bricklayer who came to the U.S. from England in the 1630s.

THE ASSOCIATED PRESS

Kenya's Style**Kenya Hunt**

Read the blog at
metronews.ca/kenyasstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

prime time

10/3/09

news

sports

family

music

variety

arts

books

cable

DT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
265	353	2	TVO	Parks	Recreat. Eden	The Agenda With Steve Paikin	London Hospital (Part 1 of 6)	Life in Cold Blood	Agenda-Paikin			
211	331	3	GTV	ET Canada	Entertainment	NCIS (HDTV) (N)	NCIS: Los Angeles (N)	The Good Wife "Fixed"	News Final			
-	-	5	SRC	La La Factice	Providence (HDTV) (N) (SC)	Auxé "L'Étou" (N) (SC)	Le Téléjournal Nouvelles. (SC)	Le Zone (SC)				
209	342	6	CHRO	Degrassi: TNG	TMZ (N)	Monk (N)	Movie			Comedy Now		
196	311	7	CTV	etalk	Hollywood	You Can Dance	Dancing With the Stars	Law & Order: SVU	CTV News			
208	303	8	CBC	Wheel-Fortune	Jeopardy! (N)	Rich Mercer [22 Minutes (N)]	Being Erica (N) (DVS)	CBC News: The National	The Hour			
-	360	9	CBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser (N)						
117	713	10	TVA	Les Gags	Occupation	Caméra café	Taxi 0-22 (SC)	La Promesse (HDTV) (N) (SC)	TVA nouvelles (10:45)	Denis Lévesque		
-	11	OS		Bienvenue	Rire et dérire	La Verité choc	Pratique privée (SC)	Wipe Out	L'Attaque à 5 (N)			
137	763	12	TFO	Panorama		Un monde de passions	Les Sanguinaires *** (1997, Drama)		Villages	CIA, guerres		
-	362	13	CBS	The Insider (N)	Judge-Brown	NCIS (HDTV) (N)	NCIS: Los Angeles (N)	The Good Wife "Fixed"	Two/Half Men			
216	395	14	OMNI	Family Guy	Office	Omni News: S. Asian Edition	Omni News: Cantonese Edition	Two/Half Men	King	Living Odyssey		
214	344	15	CITY	Law & Order: SVU		Hell's Kitchen (Season Finale) (N)		The Jay Leno Show (N)	New			
115	343	16	CFMT	Two/Half Men	The Simpsons	Omni News: Italian Edition (N)	Vivere V	Omni News: The Simpsons	King of the Hill	Metropia		
218	345	18	CHCH	Mr. Mom ** (1983, Comedy)	Michael Keaton, Teri Garr.	Vampire's Kiss ** (1989, Horror)	Nicolas Cage.			News at 11 (N)		
-	361	20	ABC	Action News	Entertainment	Shark Tank (N)	Dancing With the Stars	(10:01) the forgotten		News		
512	396	24	CPAC	(4) Dossier public	Heure polit.	L'Heure politique			Tête-à-tête	Dossier public		
651	355	25	CTS	Little House on the Prairie	Dr. Quinn, Medicine Woman	100 Huntley Street		Life Today	This Is Day	John Hagee		
-	365	36	FOX	TMZ (N)	Seinfeld	Hell's Kitchen (Season Finale) (N)		FOX 2 News (N)	News			
-	-	66	PBS	Business Rpt.	Whiz Quiz	Nova (N) (DVS)	Frontline (PA) (N) (DVS)	Secrets of the Dead	Charlie Rose			
205	312	104	CTV	etalk	Hollywood	You Can Dance	Dancing With the Stars	Law & Order: SVU	CTV News			
502	390	26	NW	CBC News	Mansbridge	CBC News: Tonight (N)	CBC News: The National	CBC News: the fifth estate	National			
500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown (N)	Larry King Live (N)	Anderson Cooper 360 (HDTV)				
406	417	27	net	MLB Baseball: National League Division Series Game 5			Sportnet Con.	MLB Baseball: National League Division Series Game 5				
126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)	Le Téléjournal (SC)	RDI économie	Le National	Le Téléjournal		
400	280	30	TSN	NHL Hockey Detroit Red Wings at Buffalo Sabres. (HDTV) (Live)					That's Hockey!	SportsCentre		
410	403	52	SCR	Cabby Unlimt	Score Today	X-Fighters		Score Now	Score Now			
411	457	56	OLN	Ghost Hunters	Bounty Hunter	Bounty Hunter	Survivorman					
417	406	59	SC	Pimp My Ride	Pass Time	Date (2005, Documentary) Narrated by Paul Newman.						
554	544	48	TEL	Scoby-Doo	Total Drama	6TEEN	Futurama	King of the Hill	American Dad	Futurama	Robot Chicken	
557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Dere	Ned's School	Cory in House	Zack & Cody
551	542	65	YT	Drake & Josh	Prank Patrol	Malcolm-Mid.	Hates Chris	8 Simple Rules What I Like	Family Biz	Prank Patrol	Adrenaline Proj	
570	580	29	MM	The Daily Fix		Ranked!		Wild 'n Out	Wild 'n Out	High School Reunion	The Daily Fix	
615	520	31	A&E	Criminal Minds (HDTV)		The First 48 (HDTV)	Parking Wars	Parking Wars	Parking Wars	Parking Wars	Parking Wars	
628	584	32	SPKE	CSI: Crime Scene Invstgtn.	UFC Unleashed	Deadliest Warrior (HDTV)	Deadliest Warrior (HDTV)					
521	560	34	TLC	Ultimate Cake Off	Cake Boss	Cake Boss	18 Kids-Count	18 Kids-Count	Mermaid Girl: A New Chapter	Cake Boss		
145	761	35	TV5	Zoom animal		Pékin express			Avenirs	Hors série	TV Le Journal	
616	521	39	TVO	The Outer Limits		The Perfect Neighbor (2005, Suspense) Perry King.		Bones (HDTV)	NCIS			
620	523	40	BVO	Montreal Jazz Festival		Live at the Rehearsal Hall	Chantal — Live at the Pyramids			Law & Order		
520	505	42	DIS	Daily Planet (N)	How It's Made	How It's Made	Destroyed	Destroyed	American Loggers (N)	Daily Planet		
575	583	43	CMT	Funnest Home Videos	Reba	Reba	According-Jim	According-Jim	Home Improve.	Home Improve.	Wilsons	
601	562	45	SLC	Rich Bride Poor Bride	Wedding SOS	Wedding SOS	Wedding SOS	Bulging Brides	Bulging Brides	ET Canada		
625	548	46	COM	Air Force	Corner Gas	Name is Earl	The Simpsons	South Park	Jeff Dunham: Arguing	Daily Show		
294	529	47	TBS	Family Guy	Family Guy	House-Payne	House-Payne		Bridget Jones: The Edge of Reason **			
600	564	49	H&G	House Hunters	Property Virgin	HGTV's Top 10	Design Inc.	Pure Design	Genevieve	House Hunters	House Hunters	Holmes-Homes
627	528	50	SPC	Stargate Atlantis (DVS)	Star Trek: Voyager			Medium "Pain Killer" (N)	Fringe (HDTV) (N)			InnerSpace (N)
581	566	52	MTV	Over the Bolts	After	Disaster Date	Disaster Date	The City	The Hills	After	MTV Live	
618	524	54	TROP	'70s Show		The Outer Limits	ET Canada	Switch	Family Guy	'70s Show		
522	506	55	HIS	Ancient Discoveries		Cities of the Underworld	Cities of the Underworld	Ultimate Engineering				
129	773	60	CD	Biographies (HDTV)	Mayday "Voler en éclats"		Images-chocs	Les Procureurs "Wigan"				
261	394	61	V	Murder, She Wrote	Bless-Father	Dinnerladies	Quantum Leap	Unscripted (N)	I Profesly			
602	567	62	W	Old Christine	Friends	Grocery	Style by Jury	How to Look Good Naked (N)	Poltergeist			
269	350	70	ATP	Fish Out of Mixed Blessing	Cashing In	Rabbit Fall	Style by Jury	Younger				
621	527	71	TLK	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)	The View (HDTV) (N)	Caution: Nuts	Moccasin Flats	Short Cuts (N)		
603	561	95	FN	Ricardo	Exotic	Restaurant Makeover	Hell's Kitchen (N)	Good Eats	Good Eats	Iron Chef Am.		

critics' corner**London Hospital**

No fancy electronic equipment in this hospital drama. It's set a century ago, when many of the diseases and treatments were different, but the human drama hasn't changed much. In season two, an explosion taxes the hospital's resources and ratchets up the tension in its neighborhood in London's East End. 9 PM on 2 TVO

**Chantal — Live at the Pyramids**

Singer Chantal Chamandy used her own resources to get approval to perform in front of Egypt's legendary pyramids. In this special, she performs with the Cairo Symphony Orchestra at the Pyramids of Giza. 9 PM on 40 BVO

Style by Jury

In this new episode, Ju Ju, an aspiring rap singer, has a very unrealistic view of the world that is getting in the way of her success. The team must address her skewed outlook on life as well as her style issues on the way to making over her appearance in "Rapsody in Gee!" 9:30 PM on 62 W



UNICEF has named Orlando Bloom its goodwill ambassador in recognition of his commitment to children's rights around the world. Bloom has supported UNICEF's work since 2007, when he first visited schools in impoverished districts of Nepal. THE ASSOCIATED PRESS

Goodwill in Bloom

Celebrity Buzz

Amy gets new breasts? Sources say yes, yes, yes

SHE'S A BIG GIRL NOW Part of Amy Winehouse's plan for a comeback is apparently an in-depth visit to a plastic surgeon. Sources tell the Sun that the Rehab singer recently dropped \$52,000 US on cosmetic surgery — including breast augmentation.

"She looks amazing, like a new woman," a source says. "We all feared she'd fallen off the wagon when she came in. Then we saw her bouncing around with these huge boobs which stand out as she's so tiny and skinny."

It also turns out Wine-

house's bid to clean up her act by relaxing in St. Lucia earlier this year came with quite a price tag. The singer reportedly spent roughly \$14 million US on her seven-month stay on the Caribbean island, according to OK! Magazine.

"Amy's voice has made her a fortune, but her lifestyle costs a lot to maintain," a source says. "There is still cash coming in from royalties. But a new album or tour would really help top up her coffers."

METRO
WORLD NEWS



Cruise-ing with Catholicism

MOM KNOWS BEST Suri Cruise is ready to start preschool, and it turns out she'll be attending Catholic school, according to the Daily Mail. Despite dad Tom Cruise's devotion to Scientology, Suri is reportedly being raised Catholic like mom Katie Holmes.

Katie has been listening to her

parents who are devout Catholics. She is not convinced by Scientology," a source says.

Young Suri is set to attend the Catholic Charities Yawkey Centre For Early Education And Learning in Boston while Tom is in the area filming a movie.

METRO
WORLD
NEWS



Javier wrapped around her finger?

FROM SPAIN WITH LOVE Though Penelope Cruz and Javier Bardem have been cagey about publicly acknowledging their romance, a stunning diamond ring on Cruz's finger at the Broken Embraces premiere in New York seemed to confirm rumours of

their engagement. "She has achieved a very handsome, good boyfriend, two Oscar nominations, one Oscar and the respect and admiration of her profession," director Pedro Almodovar said.

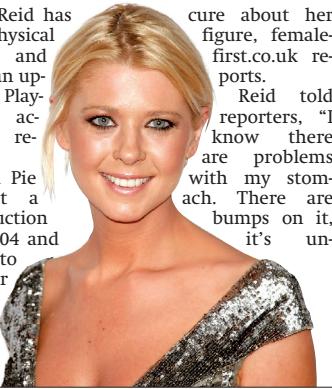
METRO
WORLD
NEWS



Tara sheds insecurities, and clothes, for Playboy

GO FIGURE Tara Reid has overcome her physical insecurities and stripped off for an upcoming issue of Playboy magazine, according to U.S. reports.

The American Pie star underwent a botched liposuction procedure in 2004 and vowed never to take off her clothes for the men's magazine — because she was too inse-



cure about her figure, femalefirst.co.uk reports.

Reid told reporters, "I know there are problems with my stomach. There are bumps on it, it's un-

even."

However, the 33 year old is now flaunting her figure, according to In Touch magazine.

She reportedly posed entirely nude for a Playboy shoot at a private residence in Santa Monica, California earlier this month.

A source says, "She was a bit insecure about her body when they first started. She looked great and finally got into the groove."

METRO NEWS SERVICES

Eddie mum about LeAnn on set

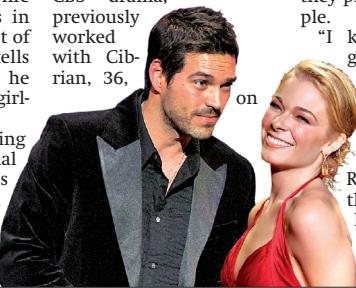
SUCH A PROFESSIONAL Eddie Cibrian's personal life might make headlines in the press, but on the set of CSI: Miami, his costar tells usmagazine.com that he keeps quiet about new girlfriend LeAnn Rimes.

"I know he's going through a lot of personal stuff right now, but he's super-professional and doesn't bring any of it to work," Eva La Rue told Us. La Rue, who

plays a DNA analyst on the CBS drama, previously worked with Cibrian, 36,

on the show. "I don't know," La Rue said, laughing.

METRO NEWS SERVICES



Third Watch, in which they played a married couple.

"I know he's a great guy," she told Us of the star, adding that it has been "really fun" working on the series' eighth season. Will Rimes guest star on the show? "I don't know," La Rue said, laughing.

METRO NEWS SERVICES

Usher claims wife scratched car

CLAWS OUT Usher isn't having the easiest time working through divorce proceedings with wife Tameka Foster, and now he claims she snuck onto his property and keyed on of his cars, according to TMZ. A police probe found no evidence to substantiate the claim.

METRO
WORLD
NEWS

PEOPLE ARE SUCH DOGS

Daisy pranks cruel: Jessica

Simpson doesn't appreciate the false information her loved ones have received from pranksters claiming her lost Maltipoo Daisy is alive, usmagazine.com reports.

"People who have been contacting my family and friends saying that Daisy has been

found," the star, 29, Twittered on Sunday. "Untrue. People are so cruel ... please respect her memory."

Daisy, the five-year-old dog who was a gift from ex-husband Nick Lachey, was dragged away by a coyote in her Los Angeles backyard in September. After a week of searching, Daisy was never recovered.

METRO
NEWS SERVICES



Celebrity tweets

Kirstie Alley doesn't have time to indulge in long meals. **Joel Madden** had an interesting seat-mate on a recent flight, **MC Hammer** is just happy to be awake, and **Kylie Minogue** checks up on her little sister who angered folks with a comment on X Factor.



• **@kirstiealley** Back from dinner with friends...see how this weight loss thing works...7 bites...fast dining...kiss kiss...love love...eat eat...bye bye...lol

• **@JoelMadden** I actually don't mind sitting next to people on planes. I chat them up. On my flight today i sat next to a WWII fighter pilot.

• **@MCHammer** He did it Again !!! Woke Us Up !!! I'm Grateful Lord !!! Everyone have a Fantastic day !!!

• **@kylieminogue** Just off the phone w my little sis, both she and Daryl are surprised by how much unnecessary attention her innocent comment has garnered...

METRO WORLD NEWS

Polanski dejected in prison: Lawyer

JAIL TIME Roman Polanski's lawyer says the scandal-ridden director is not handling being in prison well. "I found him to be tired and depressed," Herve Temime says, according to the Hollywood Reporter.

METRO WORLD NEWS



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Today
Cloudy
7° / 0°



Wednesday
Partly cloudy
5° / -2°

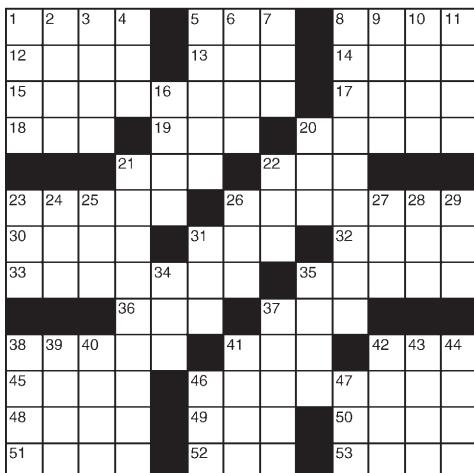


Thursday
Variable
4° / -3°

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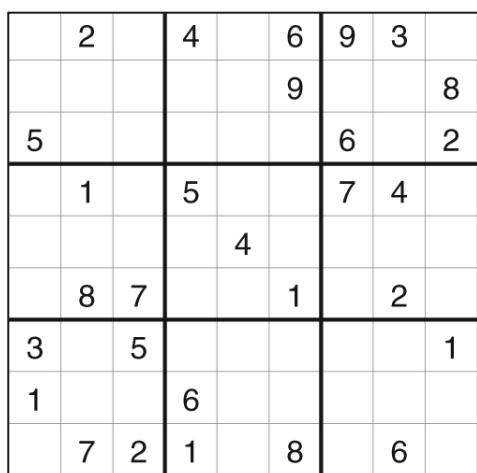
For more delicious Metro recipes, visit: metronews.ca/food



Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



ACROSS

- 1 Call a halt to
- 5 Bashful
- 8 Barrel
- 12 End of a melody
- 13 Caustic solution
- 14 Lotion additive
- 15 Comic-strip pub habitue
- 17 Undraped
- 18 Wrong (Pref.)
- 19 Inseparable
- 20 Madison Avenue worker
- 21 Droop
- 22 Distort
- 23 Dazzling display
- 26 Let the air out
- 30 Hoodlum
- 31 Scarlet
- 32 Met melody
- 33 Legendary clarinetist
- 35 Go in
- 36 Sweet potato
- 37 See 3-Down
- 38 Correct
- 41
- 42
- 43
- 44
- 46
- 47
- 49
- 50
- 52
- 53

DOWN

- 41 — Lanka
- 42 Copper head?
- 45 Margarine
- 46 1977 James Taylor hit
- 48 Pebbles' pet
- 49 Clay, today
- 50 In the thick of
- 51 Go looking for
- 52 Links prop
- 53 Cookware
- 1 Swindle
- 2 Morrison or Collette
- 3 With 37-Across and 44-Down, miscellany
- 4 Remuneration
- 5 Word on the street?
- 6 Advertise bombastically
- 7 "Uh-huh"
- 8 Game played with "gingerbread pawns"
- 9 Astringent
- 10 Pop

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

M	A	J	O	R	B	I	G	A	L	P
E	R	O	D	E	O	R	E	S	I	R
S	K	E	E	T	W	O	E	I	S	M
D	R	I	V	E	N	C	A	B	S	
S	K	I	E	A	R	L	I	M	O	S
O	A	R	S	N	Y	L	O	N	X	
P	Y	T	H	O	U	G	T	S		
E	X	A	C	T	S	O	U	P		
A	S	S	A	Y	A	U	F	E	T	A
S	T	E	T	E	N	S	E	D		
T	O	E	H	O	L	D	S	P	O	D
E	L	M	A	M	O	S	E	W	E	R
R	E	S	F	O	R	Y	E	N	I	A

On the web



For more games and 60 additional daily cartoon strips, visit metronews.ca

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES

MARCH 21-APRIL 20



Listen to what friends have to say to you over the next 24 hours, because they can see things that you can't. Adopt their positive attitude, too.

LIBRA

SEPT 23-OCT 23



Play to your strengths today and you'll move ahead swiftly with a project close to your heart. Romantically and creatively, you can do no wrong.

TAURUS

APRIL 21-MAY 21



You're on the threshold of a breakthrough, one that wouldn't have been possible a short time ago. Nothing's beyond you when you put your mind to it.

SCORPIO

OCT 24-NOV 22



This is the perfect day to patch up a relationship that's been less than satisfactory in recent months. But you must ditch your pride and say sorry first.

GEMINI

MAY 22-JUNE 21



You need a change of perspective or direction, and you'll get that today whether you like it or not. Chances are you'll like it very much indeed.

SAGITTARIUS

NOV 23-DEC 21



Something important is about to happen in your life, something that will make you smile. There is a good chance travel is involved.

CANCER

JUNE 22-JULY 22



If you find yourself wishing you were someone else, you're wasting your time. Focus on making a better job of who you are.

CAPRICORN

DEC 22-JAN 20



There is a real possibility you'll come into money, but there are other ways to improve your finances. The most obvious is to sell off some of your things.

LEO

JULY 23-AUG 23



Your problems are not as bad as you seem to think and today you will realize you have been worrying for no good reason.

AQUARIUS

JAN 21-FEB 18



Recently, it may have seemed your long run of good fortune was at an end, but today will help you to believe that Lady Luck has not deserted you.

VIRGO

AUG 24-SEPT 22



You may be tempted to change something that's worked for you, and it could be time for a change. At work you'll be open to new ideas and methods.

PISCES

FEB 19-MARCH 20



If you find your approach to a personal problem isn't working, tackle it from a different angle. Think creatively, and dig yourself out of a hole.

This day in history

1773: The Whirlpool Galaxy is discovered by Charles Messier.

1812: War of 1812, Battle of Queenston Heights — As part of the Niagara campaign in Ontario, U.S. forces under General Stephen Van Rensselaer are repulsed from invading Canada by British and native troops led by Sir Isaac Brock.

1843: In New York City, Henry Jones and 11 others found B'nai B'rith, the oldest Jewish service organization in the world.

1884: Greenwich is established as universal time meridian of longitude.

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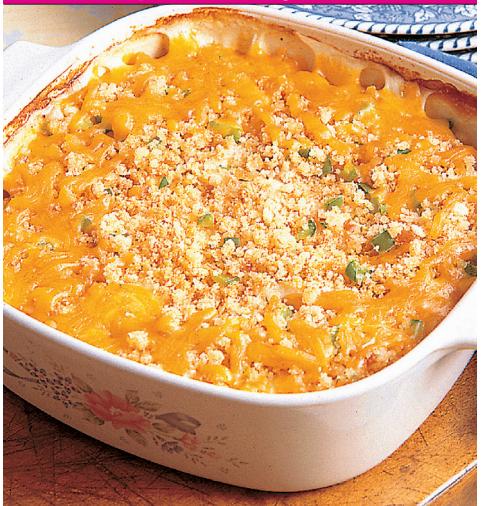
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Metro Recipe of the Day



utes or until thickened.
2. In a greased 1-1/2-qt. (1.5 l) baking dish, arrange half the potatoes, onion and green pepper in layers; cover with half of sauce. Repeat layers. Cover and bake at 350 F (180 C) for 35 minutes.

3. Melt remaining butter; combine with bread crumbs and sprinkle over potatoes. Bake, uncovered, 40 minutes longer or until potatoes are tender. Sprinkle with cheddar cheese. Let stand 5 minutes before serving.

SERVES 4

rd.ca

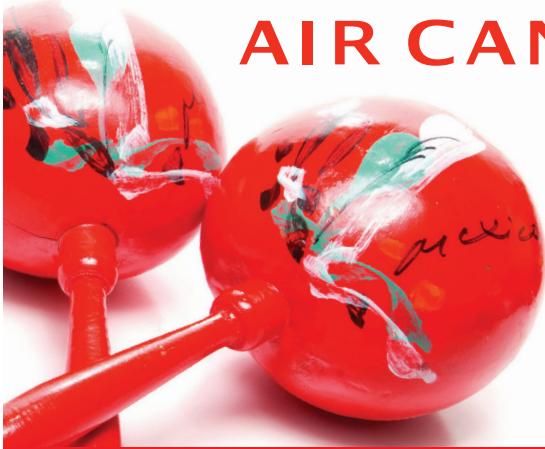
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



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GREAT deals starting at

\$499



Las Vegas

via Montreal
MGM Grand
Hotel & Casino • 4 1/2 ★
Hotel rm.- Grand Tower
Dec. 14 • 4 nts.

\$499

4th night FREE

Taxes & other fees
(including service charges): \$155

Punta Cana
via Toronto

Occidental Grand
Punta Cana • 4 ★
All-Inclusive • Junior suite
Nov. 1, 8, 15, 22 & 29 • 1 wk.

\$719

Taxes & other fees
(including service charges): \$318

Gran Bahia Principe
Punta Cana • 5 ★
All-Inclusive • Junior suite
Nov. 15, 22 & 29 • 1 wk.

\$879

Taxes & other fees
(including service charges): \$318

**DEAL to
EUROPE**

Paris via Toronto / Montreal
All Seasons
Paris Gare Est • 3 ★
Breakfast
Standard rm.
Nov. 20, 24-27 • 4 nts.

\$697

Taxes & other fees
(including service charges): \$326

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Santa Clara

Occidental Royal Hideaway
Ensenachos • 5 ★
All-Inclusive
Royal Hideaway Spa
Jan. 10 & 17 • 1 wk.



\$1239

Taxes & other fees
(including service charges): \$212

Departure tax: 25 CUC cash, paid locally

Jamaica

Gran Bahia Principe
Jamaica • 4 1/2 ★
All-Inclusive • Junior suite
Dec. 19 • 1 wk.



\$1399

Taxes & other fees
(including service charges): \$256

Turks & Caicos

Comfort Suites • 2 1/2 ★
Continental breakfast
Junior suite -
Run of the house
Dec. 21 • 1 wk.

\$1449

Taxes & other fees
(including service charges): \$220

Barceló Cayo Santa María

Beach Resort • 4 ★
All-Inclusive • Junior suite
Dec. 20 • 1 wk.

\$1329

Taxes & other fees
(including service charges): \$212

Departure tax: 25 CUC cash, paid locally

Jamaica

Sunset Jamaica
Grande Resort & Spa • 4 ★
All-Inclusive • Standard rm.
Dec. 19 • 1 wk.

\$1299

Taxes & other fees
(including service charges): \$256

Ocean Club

Resort • 3 1/2 ★
Studio suite
Dec. 21 • 1 wk.

\$1919

Taxes & other fees
(including service charges): \$220

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(including service charges): \$254

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Special offer 7-day Magic Your Way Base Ticket
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\$899

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(including service charges): \$135

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Disney's Caribbean

Beach Resort • 4 ★
Special offer 3 - Standard rm.
Special offer 7-day Magic Your Way Base Ticket
Jan. 12 & 13 • 1 wk.

\$999

Taxes & other fees
(including service charges): \$135

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